

Nursing Management Nursing management focuses on teaching about disease management, teaching about nutritional management, teaching about medication therapy, and promoting family and child coping.

- o Cyclosporine or tacrolimus: used occasionally in conjunction with 6-MP or azathioprine to maintain remission in fulminant ulcerative colitis
- o Methotrexate: sometimes used to manage severe Crohn disease
- o Anti-tumor necrosis antibody therapy: widely used for children with Crohn disease; occasionally used for children with ulcerative colitis

Promoting Family and Child Coping Inflammatory bowel disease is a chronic and often debilitating illness. Provide information about the following common medications used to control the disease:

- o 5-Aminosalicylates (5-ASA): used to prevent relapse (usually used in ulcerative colitis)
- o Antibiotics (usually metronidazole and ciprofloxacin): typically used in children who have perianal Crohn disease
- o Immunomodulators (usually 6-mercaptopurine [6-MP] or azathioprine): used to help maintain remission.

When the disease is active, lactose may be tolerated poorly, and vitamin and iron supplements will most likely be recommended. Children tend to be of small stature due to the illness itself and steroid use, which stunts growth; this may cause psychological issues, especially for older boys (Haas-Beckert & Heyman, 2010). Explain that in severe cases enteral feeding tubes or TPN may be needed; this is rare but often induces remission. For example, adequate nutrition with a high-protein and high-carbohydrate diet may be recommended.